

Claims:

1. A device for retaining a tongue in a predetermined position, the device comprising:

5 a flange having a first and second surface, said flange further including a protrusion extending from said first surface of said flange; and

an aperture formed through said first and second surfaces of said flange, wherein said protrusion covers said aperture, whereby said protrusion forms a hollow chamber, said hollow chamber being accessible through said aperture from said second side of said flange.

10 2. The device according to Claim 1, wherein said flange and protrusion are formed as a unitary body.

3. The device according to Claim 2, wherein said aperture is adapted to receive a tongue.

15 4. The device according to Claim 2, wherein said device is constructed of a pliable material chosen from the group consisting of polyethylene, urethane, silicon, and polyvinylchloride.

5. The device according to Claim 2, wherein a vacuum may be formed within said protrusion by compressing said protrusion and inserting a tongue into said aperture.

20 6. The device according to Claim 2, wherein said flange is adapted to be received between a person's lips and teeth.

7. A device for retaining a tongue in a pre-determined position, the device comprising:

5 a flange having a first and second surface, an aperture disposed within said flange wherein said aperture further includes walls extending from said first surface of a said flange, said walls forming a bulb protruding from said first surface of said flange, wherein said bulb forms a chamber in communication with said aperture and being adapted to receive a tongue.

8. The device according to Claim 7, wherein said flange and said bulb are formed of a unitary body.

10 9. The device according to Claim 8, wherein a vacuum is formed in said bulb by compressing said walls and inserting a tongue into said aperture.

10. The device according to Claim 9, wherein said walls form a smooth continuous surface with said first surface of said flange.

15 11. The device according to Claim 8, wherein said flange is adapted to be received between a person's lips and teeth.

12. The device according to Claim 8, wherein said device is constructed of one of the materials chosen from the group consisting of polyvinylchloride, urethane, polyethylene, and silicon.

20 13. A method of retaining a tongue in a predetermined position, the method comprising:

forming a vacuum within a tongue retention device by squeezing the walls of a protrusion extending from a flange of said tongue retention device;

inserting a tongue through an aperture formed in said flange, wherein said tongue is received by said protrusion;

- 5 releasing said walls, thereby forming a vacuum within said protrusion; and positioning said tongue retention device between a user's lips and teeth.